

Nutrition in the Fast Lane

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Nutrition In The Fast Lane **Fast Food Dining** **Guide****2002**

Stephen T. Sinatra, Jim Punkre



Nutrition In The Fast Lane fast Food Dining Guide pb2002:

Nutrition in the Fast Lane Dick J. Jones, 2009 **Nutrition in the Fast Lane** , 2013 Our brochure is THE fast food dining guide Annually updated for 20 years Nutrition in the Fast Lane has kept its customers at the forefront of the changing trends of restaurant dining To date over 12 million copies have been sold Nutrition in the Fast Lane is THE number one source of information for those who simply wish to eat healthier when eating out This edition of Nutrition in the Fast Lane contains information on the 65 most popular national fast food and casual dining restaurant chains It is updated annually by Franklin Publishing Inc of Indianapolis IN The data shown below the column guides are the nutrition values of each item see sample Also shown are the suggested exchange values for each item A simplified description of their use can be found in the Introduction Additionally we list the amounts of potassium in the Generic Section These are essential for those on dialysis and of interest to anyone with high blood pressure If nutrition is your profession you can easily see the value of this booklet If you are just beginning to watch your diet prepare yourself to be amazed Publisher *Nutrition in the Fast Lane* , 2003

Nutrition in the Fast Lane , 2005 Nutrition in the Fast Lane Dennis R. Jones, 2002 Nutrition in the Fast Lane Dennis R. Jones, 2000 Guide to Healthy Fast-Food Eating Hope S. Warshaw, 2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and more Exchange and serving sizes for every menu item Common pitfalls of fast food eating and how to avoid them Tips for making healthier fast food choices Realistic ways to deal with diabetes related dining dilemma **Nutrition in the Fast Lane** David L. Meinze, Dick J. Jones, 2007 **The Fast Food Diet** Stephen T. Sinatra, Jim Punkre, 2008-05-02 Lose weight eating at McDonald s Burger King KFC and Wendy s Yes it s possible and this book shows you how Dr Steve Sinatra is one of the top preventive cardiologists in America In The Fast Food Diet he shows readers how to eat smarter and more nutritiously at any fast food establishment in America so they will actually become healthier as they lose weight What a brilliant strategy and practical approach BARRY SEARS bestselling author of The Zone We re a nation on the go and we re gaining weight at alarming levels Chances are you realize you should lose weight and eat healthier foods but when you re hungry and hurried all too often you choose the drive through over a healthy home cooked meal This breakthrough guide presents a practical real world solution that teaches you how to make healthier fast food choices and save hundreds of calories per meal without giving up the delicious taste and convenience of fast foods In addition to tips for dining guilt free at all types of fast food restaurants The Fast Food Diet includes A Six Week Fast Food Diet Eating Plan that lets you choose among 150 meal selections for breakfast lunch dinner and snacks from more than fifty of the most popular fast food chains Valuable tips for business travelers holiday revelers and kids who are fast food junkies Advice on eating well at food courts sit down

restaurants airports and convenience stores Recipes for nutritious home cooked meals you can prepare in 15 minutes or less If you cut just 500 calories from your meals every day you ll lose a pound a week That s 50 pounds a year and The Fast Food Diet makes it easy *The Stop & Go Fast Food Nutrition Guide* Steven G. Aldana,2007 The Stop Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you The guide uses the colors of the stop light red yellow and green to help individuals choose foods that lead toward or away from good health The Stop Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you With the help of a nationally recognized panel of nutrition experts Dr Aldana has color coded almost 3 500 fast foods from 68 different restaurants Now you can sort though the fast food maze and select the healthy foods and avoid the unhealthy ones Keep the guide in your glove box for easy access Healthy Fast Foods Kim Etingoff,2014-09-02 Nutrition can be complicated How do you know what foods are healthy and what aren t How much should you eat What about fast food From burgers to fries to milkshakes fast food can be a delicious treat but it can also cause problems if you don t make healthy choices Choosing the right restaurants and the right food can make eating fast food as healthy as it is delicious and easy Discover how to make better choices when it comes to fast food The Fast-food Nutrition Guide ,1983 *Fast Food Facts* Marion J. Franz,1987 Abstract A reference booklet for dietitians food analysts the general public and food and nutrition professionals concerned with public health and patient care provides tabulated data on the nutrient composition of a wide variety of convenience foods offered by 27 different fast food US fast food restaurants together with the number and types of equivalent food exchanges for each of the fast foods Nutrient data provided per serving cover caloric carbohydrate protein fat and sodium content for each food offering Certain fast foods also are designated as not recommended for use or for only occassional use Introductory information is included on the consumption and sales volume of US fast foods the nutritional risk of routine consumption of fast foods and how such risk can be reduced nutritional fast food selections guidelines for diabetics and the nutritional value of considering the indicated food exchanges

Fast Food Facts Marion J. Franz,1994-04 Fast food doesn t have to be fat food This up to date guide offers the latest nutrition updates from 15 of the most popular fast food chains Includes complete exchange values for each menu item special designations for menu items high in salt fat or sugar suggested meal plans and more *Fast Food* Stephanie Watson,2008-01-15 Children eat five times more fast food today than they did in 1970 according to one medical research group Every day one out of every three young people ages four to nineteen eats fast food This captivating book provides an overview of why eating fast food can be unhealthy and why eating too much fast food can contribute to being overweight and lead to other health problems The book includes a description of fast food how it is prepared and served the healthy and unhealthy ingredients in many fast foods and suggestions for healthy daily diets **Restaurant Calorie Counter For Dummies** Rosanne Rust,2011-05-10 Achieve your dietary and lifestyle goals even when eating out Whether you re trying to

lose weight eat healthier or control or prevent diseases such as diabetes and heart disease this handy guide arms you with a portable quick and easy way to get nutritional information whenever and wherever you want Restaurant Calorie Counter For Dummies gives you fast access to the calorie fat saturated fat carb fiber protein and sodium counts found in food products of thousands of fast food and chain restaurants Nutritional information for big name franchises like Burger King Applebee s Pizza Hut and Cracker Barrel Expert advice on the healthiest options at the most popular drive thru destinations as well as your favorite sit down chains Tips and tricks for eating meals on the go for those with diabetes high cholesterol or high blood pressure Special tips for athletes as well as the best bets for kids Tuck this compact guide into your glove box briefcase or purse and have key calorie information at your fingertips at all times Fast Foods Monte Florman,1990 This guide to convenience foods helps to understand the nutritional value of these foods All information comes from Consumer Reports magazine and covers TV dinners frozen pot pies and pizzas pasta breads canned soups ready to eat cereals chicken popcorn pancake mixes and more *Nutritional Guide to Fast Foods* Robert Haas,1982-01-01 **The Low-Fat Fast Food Guide** Jamie Pope,Jamie Pope-Cordle,Martin Katahn,1993 On the basis of careful nutritional analysis of the menus of every national chain of restaurants the authors of the runaway bestseller The T Factor Fat Gram Counter have come up with recommendations that will allow readers to have a satisfying meal and keep within the guidelines of the T Factor Diet and the American Heart Association **The Fast-food Diet** Mary Donkersloot,1991 Recommends goals for consumption of fat and cholesterol that fall within the guidelines of the major medical associations Discusses the best choices to make in restaurants delis supermarkets and at home to meet these goals Has a 1 10 rating system 10 representing the best choice and 1 the worst Directed toward people who regularly eat in fast food franchise restaurants or depend on frozen dinners takeout foods deli items or prepared sauces and meals

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